



Your Transition of Care Solution



Care Kits contain evidence-based teaching tools created from the patients' point of view.

Why Use Care Kits

A Care Kit Program helps professionals facilitate patient learning and behavior change. You will see:

- Independent, successful patients
- Substantially lower readmissions
- Higher satisfaction scores
- Lower overall costs

...a dramatically improved Patient Experience!

What's in a Care Kit?

- **CURRICULUM** The latest clinical standards and adult learning principles:
 - The patients' own vocabulary
 - 4th grade reading level
 - Action-oriented, step-by-step
 - Tied to goals, using humor, metaphors and graphics to convey concepts
- **TOOLS** Proprietary items such as: Checklists, food posters, magnet boards, and other guides that highlight target behaviors while Log Books track actions and measure results.
- **DEVICES** Essential instruments as needed for success, like scales, BP monitors, pulse oximeters, thermometers, and more!

Care Kits are unique, condition-specific solutions that provide patients step-by-step curriculum and tools for successful self-care.

Studies of patients in their own environments revealed barriers to patient wellness and gaps in other approaches. Based on these insights, Care Kits are **designed** with proprietary curriculum, tools and professionally vetted devices--all in one package.

The Proof

15 years of studies say *"Care Kits achieve the outcomes providers need in the new healthcare system—more effective than traditional approaches."*

- **Up to 73% fewer HF readmissions**
- *If readmitted, 86% lower LOS for HF*
- **More than doubled medication adherence**
- **48% fewer in-hospital days**
38% reduction in readmissions for post-cardiac surgery infection
- **100% reduction in prostatectomy readmissions and ER visits**
- **100% reduction in asthma readmissions**
- **71.5% reduction in ER use for asthma**

Branded

Available in Spanish

Free In-Service Training

...put Care Kits to work for your patients



50+ Condition-Specific Wellness, Discharge and Chronic Care Kits--ask to see them all!

HEART FAILURE

Our best seller!
Reduces readmissions up to 73%



BLOOD SUGAR

Proven to lower A1C, prevent ER visits and readmissions.

"I was in the hospital 3 times in 2 weeks. Then they gave me a Care Kit. I've followed the directions, used all the contents, and stayed out of the hospital 4 years running now."

- Patient
Arlington Heights, IL

COPD

Overcomes mental barriers specific to this condition



FALLS PREVENTION

"This kit will make you strong and steady on your feet."

"The Care Kit has enabled me to monitor [my mother's] condition on a daily basis and to provide her Cardiologist with the data necessary to monitor her meds. My mother has not been hospitalized since March of 2009; Care Kit has helped contribute to that fact."

- Patient
Pittsburg, PA

Other Available Care Kits:

After Hip and Knee - Premium
After Hip and Knee - Standard
After Hip and Knee w/Falls
Asthma
Back Fitness
Blood Pressure
Breast Surgery Aftercare
Cardiac Surgery Aftercare
Caregivers
Catheter Care
Cholesterol
Colostomy and Ileostomy
Coronary Artery Care
Coronary Artery -
Blood Pressure
Coronary Artery - Diabetes -
Blood Pressure
Covid-19
Dementia
Diabetes

Depression
Emergency Preparedness
Foot Care
Heart Failure - Diabetes -
Blood Pressure
Heart Fitness
Hospice Enrichment
Multiple Drain
Ostomy
Pain Control
Pneumonia
Sepsis
Spine Surgery Aftercare
Smoking Cessation
Stroke
Strong Shoulder
Urostomy
Walking Plan
Weight Management
Wound Care

"It's written in language they understand; they have control over the process. All of the patients were able to verbalize the three goals. One of our patients has lost 18 lbs since discharge."

- Chief Nursing Officer
Regional Hospital, IL

"All the tools are in one place. I know my patients have what they need from day one."

- Nurse
Hospital-Based

Communication Science, Inc.
1550 Barclay Blvd Buffalo Grove IL 60089
1-877-CAREKIT carekit.com



Heart Failure Care Kit™

Proven Winner, again and again! This best-seller has reduced readmissions by up to 73%. The core of the kit is a familiar metaphor: A HF heart is a “tired workhorse.” Three easy-to-remember goals organize self-care tasks and proprietary tools and vetted devices make it easier to comply. A patient reports, “I was in the ER 3 times in 2 weeks. The third time they gave me a Care Kit and I’ve stayed out for 4 years running now.”



*Larger Scales and BP Cuffs Available

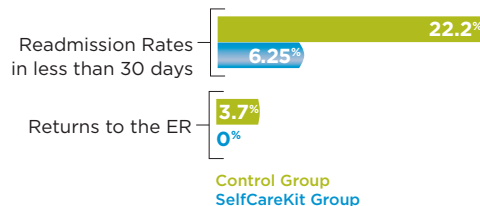
Includes a co-branded tote-bag

Results

“Nothing else we did had as great an impact as the Self-Care Kit. \$2.2MM saved in one year.”

-Alan Howard, RN MDiv Clinical Specialist
St. Joseph Medical Center
Lexington, KY
Disease Management Association of America
Conference Proceedings, 2004

Aurora Health System of Wisconsin saw a 72% Reduction in Readmissions



carekit.com

After Hip & Knee Surgery Care Kit™

This is NOT an ordinary hip kit. First, the kit has a complete, clinically-vetted set of tools for maximum independence and recovery. Next, the kit contains step-by-step directions on how to use each tool. Large print and color photos, not tiny black-and-white type, make it easy to read and follow. A night light and whistle cover a patient's most vulnerable times to prevent a fall and return to the hospital. Everything in one place to recover safely.



Always Within Reach

After Hip or Knee Surgery

- Recover From Hip or Knee Surgery
- Always Within Reach Step X Step
- 26" Reacher
- 22" Sponge
- Sock Aid

Home Safety Checklist

With items to check and ask about:

- Is there an open well to prevent basins?
- Clear chair height?
- Is it easy to sit/stand in place?
- Are there any loose items?

Open Pallets, Piles, Cords, Cables, Appliances

Everything Works: Shows basic safety

Clear Hazards: Cords near basins

Is it easy to sit/stand in place?

Is it easy to sit/stand in place?

Balance Table: Shows basic safety

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Recover from Hip or Knee Surgery

You're home with a new hip or knee. How you recover will be just as important as the surgery itself.

You've reached the first phase. The surgeon's job took just a few hours. But with the right tools and a few tips, you'll be back on your feet in no time.

The second phase will take longer. Natural bone grows into the new joint. Like tree roots, it takes time to grow. The bone has to grow into the new part tightly enough to hold on for years. You need to be that patient. Not just "not" walk out of your house before they are finished.

Which germs are most at risk? They cut through skin to get in. They also enter at the time you move in and out of the house. They survive the new with bacteria and other. Each step they take gets a little better grip on the new skin.

If someone falls or pushes too far on a freestyle chair, it comes out of the ground. The chair doesn't give. The fall can't be caught. The person will be hurt. It's not worth it.

Take the time to get the joint you're too scared to get out of place. The surgeon will have to re-do it. It's not worth it.

1. Make the joint by using a walker or cane. Get them first, to keep you steady.

2. Use the Reacher to hold and handle with good force and control. A reacher gets a better grip on the new part.

How to Use Tools

After surgery, the doctor will tell you. Do not bend your hip or knee more than a doctor allows. How can you help yourself and your caregiver?

First, wear clothes with elastic waist. Any time you put your pants on, make sure they are around your knees. Without elastic, they fall to the floor. Then, you'll have to bend to get back up.

Second, use these Tools. They'll give you the most freedom to take care of yourself independently.

- Dress and undress
- Carry things
- Get around at night
- Call for help

Take Paj, Pants, Skirt and Underwear

1. Stand near the bed. With a Reacher, reach up one leg, from the other.

2. Sit on the bed. With a Reacher, reach up one leg, from the other.

To Take Socks Off

1. Push the sock down to the top of the sock.

2. Push the sock down and over your heel.

Control the Pain

How to Make Pain Stop

1. How ahead of the pain. Pain can cause weakness and slow walking. It's not a control. Take your pain pills as directed by your doctor.

2. If your pain pills are "needed," take them when your pain starts to get worse. Take your pain pills on a schedule. Do not wait until the pain is unbearable. Use your pain pills on a schedule. Do not wait until the pain is unbearable.

3. After you take your pills, wait 45 minutes. The pain should be less. If you need more, take your pain pills on a schedule. Do not wait until the pain is unbearable.

Understanding Pills & Pain

If you don't take your pills at all, your doctor will have you doing the best you can to get out of the hospital.

If you take pills, the pain gets stronger and longer. It's always higher than it would be if you didn't take your pills. It's always higher than it would be if you didn't take your pills.

If your doctor said to take pills only when it hurt, don't take any.

LDN pain is not NO pain. You may still feel some pain to have your pain.

Medicine Cross-Check List

The Danger of Dizziness

No surprise here: Feeling dizzy makes it harder to stay steady on your feet.

If you feel dizzy, you might need tight control of your blood pressure or blood sugar. Or you have an ear infection. Or alcohol affects you. More than a good-for-nothing where it mixes with your medicine. Or...

Take the medicine that's making you dizzy. If you feel dizzy, stop it. Or you have an ear infection. Or alcohol affects you. More than a good-for-nothing where it mixes with your medicine. Or...

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Home Safety Checklist

Recover from Hip or Knee Surgery

How to Use Tools

Control the Pain

Medicine Checklist

Shoe Horn



Reacher



Sponge Stick



Dressing Stick



Sock Aid



Whistle



Night Light



*Optional: Walker Bag

Results

"I thought I didn't need anything because I felt pretty good after my second hip surgery—better than the first. But then I reached over too far and popped the new joint right out. I had to go back to the hospital. I should have used the Kit."
—Hip Surgery Patient

"All the tools are in one place. I know my patients have what they need from Day One."
—Hospital-Based Homecare Nurse



COPD Care Kit™

Chronic disease sufferers often feel guilty and depressed. So this kit gives uplifting support and reasons for living. Four goals organize all the self-care tasks and the included tools—like ear wraps, tube connectors and a pill organizer—help make it easier to manage. One grateful home health agency says, “The kits are tremendous in keeping our patients out of the hospital. Patients concur: “I don’t forget a thing because of my Care Kit.”



Results

“The manner in which [the kits] are put together with Step by Step instruction on self care makes it quite simple for patients... put[ting] the necessary supplies in the patient’s hand immediately is another benefit.”

-Fern Lentini
VP, AMA Solutions
American Medical Association

Also Available:
SKU #22160 w/Peak Flow Meter w/o Pulse Ox
SKU #22360 w/Peak Flow Meter & Pulse Ox
SKU #22660 w/Pulse Ox

Infection Protection Care Kit™ (Sepsis)

Studies show that Sepsis accounts for more 30-day, all case adult hospital readmissions than any other condition. The Infection Protection Care Kit teaches patients how to recognize an infection before it goes to Sepsis. It simply and vividly explains the threat of infection, how Sepsis works, and has tools to help prevent it. Perfect for any patient at risk.



Step by Step



Record Card



Hand Sanitizer

Surface Cleaner



Masks



Pill Organizer



Digital Thermometer

SKU #23950

Results

People see signs all the time that say, "WASH YOUR HANDS." But the studies show they don't. They're so blasé about it, they don't even listen when you try to explain the real danger is in their own, internal body's immune system response.

- Patient Educator

I love the "infection gone wild" concept to educate patients about sepsis!

- Chief Clinical Officer, Home Care



carekit.com

Blood Sugar Control Care Kit™

This Care Kit has everything a member needs to manage diabetes and ties them together into one plan with three goals. It has been expertly crafted by observing diabetes patients to understand their barriers to compliance. "I finally get it!" said one user. "I had library books and listened to others, but only after I read this kit's Short Story and started to use the tools, did I understand how blood sugar works and what to do."



Testimonials

"The Care Kit gives me indispensable knowledge to understand and manage my diabetes. I'd already read a couple of books and pamphlets on the subject; you tied all of those random bits of information into an understandable, livable whole." -Tom, Chicago, IL.

Blood Pressure Care Kit™

This Care Kit is proven to work. In one wellness program, before Care Kits only 12% of hypertensive employees tested under 140/90. Then they switched to Care Kits. After 6 months, 88% tested under 140/90. “This kit is the best! Information I didn’t get anywhere else. Saved my life and my wife’s.” The kit’s BP monitor has step-by-step photos and easy-to-follow instructions. One user with a PhD wrote, “Thank you for instructions that finally make sense to me.”



*Larger BP Cuffs Available & Wrist Unit

Results

NW Community Hospital of Arlington Heights, IL used the Self-Care Kit for their Employee Wellness Program. The year before, telephone coaching and visits for employee wellness had failed. A 93% decrease in employee blood pressure resulted from the use of Self-Care Kit.

Employee B/P
over 140/90

